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NEWS WORTH SHARING.

Cruisin' for a boozin' reform

With a new social media campaign, the B.C. government wants feedback on modernizing liquor laws PAGE 3

A fly on the Wall Street

Twitter's initial public offering promises to be the most buzzed-about since Facebook's — but can the medium be monetized? PAGE 10

He's got a daddy named Hanks, too?

Actors with recognizable surnames say it's tough being compared to parents PAGE 13

STANDOUT LOOKS OF THE SEASON

BRIGHT COLOURS ARE A GREAT WAY TO UPDATE YOUR FALL WARDROBE — CHECK OUT SOME OF OUR FAVOURITE OUTFITS PAGES 16-17

Elderly Surrey couple dies in blaze

Fire 'not suspicious at all.' It appears a smoke detector in the home was not working, officials say

MATT KIELTYKA
matt.kieltyka@metronews.ca

A working smoke detector may have been the difference between life and death for a Surrey couple killed in a Sunday morning blaze, firefighters say.

The Surrey Fire Service had the unenviable task of pulling the elderly couple's bodies from their burning home at 156th Street and 94A Avenue after a two-alarm blaze broke out in a second-floor TV room just after 2:45 a.m.

The fire was extinguished by 4 a.m., but firefighters were left grieving the loss of life given the apparent circumstances.

"At this point we believe it was an accidental fire — not suspicious at all," said assistant fire chief Joe DeLuca.

"There was a smoke detector on the second floor, but it didn't appear to be working. We spend so much time replacing them and reminding people to check that they're working that it's hard to find out this is one we missed. It's very disheartening."

DeLuca said if there is any public message after the tragic fire, it's to remind people to check that their detectors are working.

It's impossible to tell if a functioning detector would have spared the lives of the couple, who have yet to be publicly identified pending next-of-kin notification. But they never got the chance to find out.

"We've found (detectors are) the most effective tool for saving lives," DeLuca said.

Because the fire was so intense on the second floor, firefighters say determining the cause of the fire may not be possible.

A fire engulfs a home near 156th Street and 94A Avenue in Sunday's early-morning hours. COURTESY SHANE MACKICHAN

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Reconciliation Week

Event honours residential school survivors

It's a chance to hear the truth about the injustices of Indian Residential Schools, to celebrate the resilience of Canada's aboriginal peoples and to work toward healing and reconciliation.

The B.C. government has proclaimed this Reconciliation Week to honour the Truth and Reconciliation Commission's (TRC) sixth national event in Vancouver from Sept. 18 to 22.

The event, mandated as a result of the 2007 Indian Residential Schools Settlement Agreement, aims to raise awareness about Canada's government-funded, church-run schools, the last of which closed in 1996.

More than 150,000 First Nations, Métis and Inuit children were plucked from their families and placed in schools with mandates to kill their culture. Many suffered physical and sexual abuse; others died.

It's an ugly story that must be told so no future government considers such a policy, said Chief Doug Kelly of the First Nations Health Society. "If you do not learn from mistakes of the past, you're doomed to repeat it," Kelly said.

Survivors of the schools, — places that continue to leave lasting harm on subsequent generations — are encouraged to give their statements as the TRC works to create a record of what happened. (This can be done in private at the PNE.)

The week kicks off Monday and culminates in the Walk for Reconciliation on Sunday. Aboriginals and non-aboriginals alike are encouraged to attend sharing and learning events at the PNE Wednesday through Saturday. Dr. Martin Luther King Jr.'s daughter, Dr. Bernice A. King, will address crowds before Sunday's four-kilometre march at Queen Elizabeth Plaza at 9 a.m. **EMILY JACKSON/METRO**

A group of locals enjoys a round of tasters Wednesday at Parallel 49 during one of four stops on a WildSide microbrewery tour. JENNIFER GAUTHIER/METRO

Province takes liquor policy review online

Live until Oct. 31.
Site includes history of liquor laws, stakeholder discussion papers and a blog from parliamentary secretary for liquor reform

MATT KIELTYKA
matt.kieltyka@metronews.ca

Modernizing liquor laws just got a whole lot more interactive.

The provincial government announced Saturday that it is accepting submissions and public feedback with the launch of a website (gov.bc.ca/liquorpolicyreview) that lays out the history of liquor laws, posts stakeholder discussion papers and even features a blog from John Yap, the parliamentary secretary for liquor reform.

The site is live until Oct. 31 as Yap is tasked with modernizing the province's laws to boost the economy, support local industry and consumers while balancing public health and safety concerns.

"We want to hear all of those over the next six weeks, and I'm looking forward to actively engaging with people around the province through social media during that time to hear their ideas and their stories," Yap is quoted in a government statement.

The website is another indication the government is finally ready to listen, according to Campaign for Culture executive director Elin Tayyar.

Quoted

"We're optimistic because this is the first time in decades the government has opened it up to the public and not just got feedback from industry."

Elin Tayyar, executive director of Campaign for Culture

"B.C. liquor laws are very archaic and inefficient," Tayyar said. "We're optimistic because this is the first time in decades the government has opened it up to the public and not just got feedback from industry."

As a key stakeholder, the consumer-friendly Campaign for Culture (advocating relaxed laws to allow drinking on beaches, liquor during special events at venues like art galleries, allowing craft brewers to sell beer at farmers' markets and reinstating happy hour) is meeting Yap on Thursday with its recommendations.

Its discussion paper will be posted on the government's website afterward.

Submissions from the Provincial Health Officer, Victoria police and the B.C. Wine Institute, among others, are already online and publicly accessible.

Yap must present his final report to Attorney General Suzanne Anton by Nov. 25.

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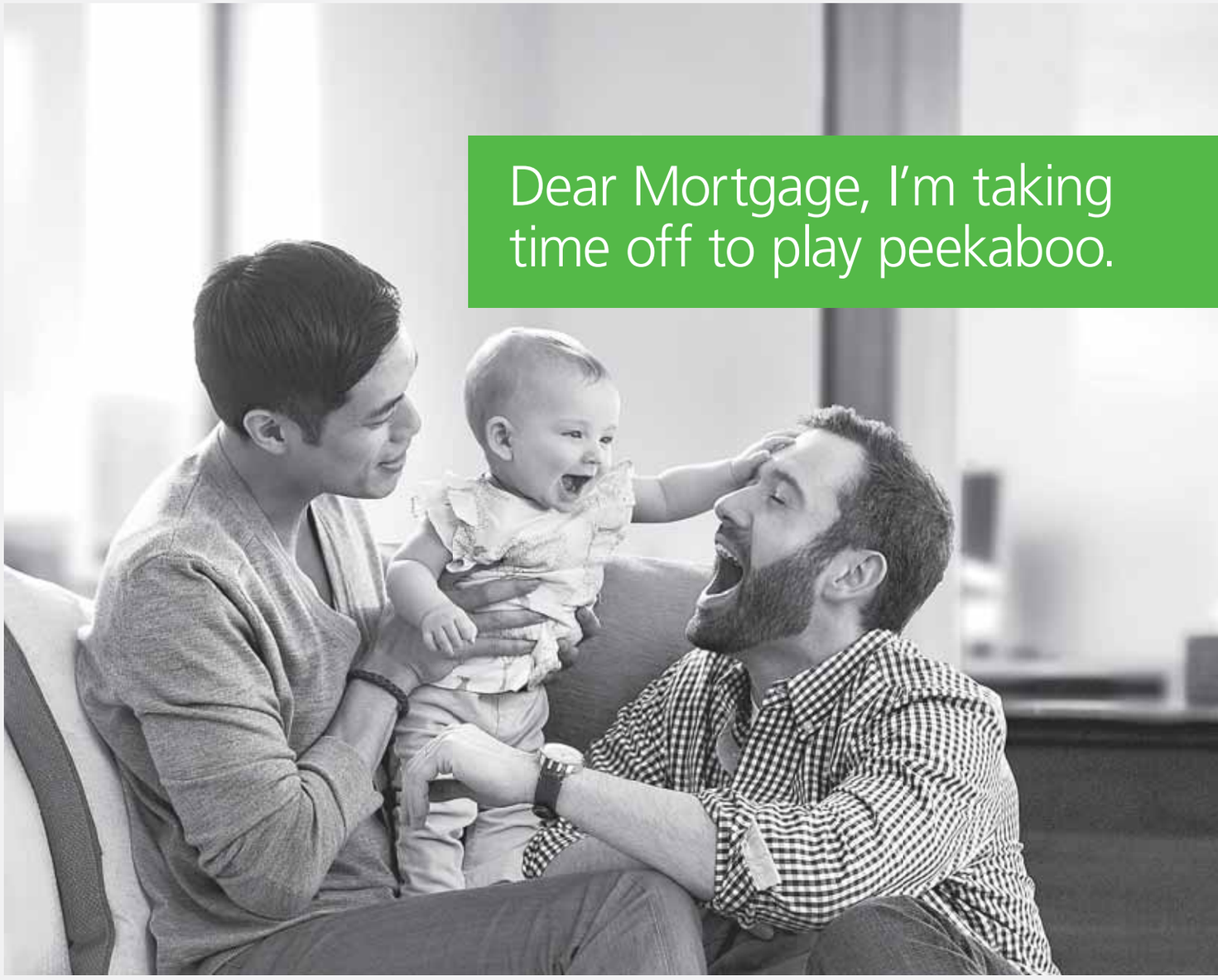

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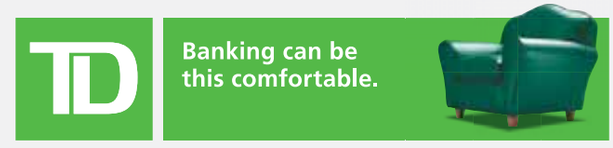

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Reality show seeks selfless nominees for dream vacation

We love you — now go away. Applications being accepted until the end of September

KATE WEBB
kate.webb@metronews.ca

A unique reality show that gives dream vacations to deserving and unsuspecting British Columbians is accepting nominations for its second season.

Operation Vacation is looking for 15 people from around the Vancouver, Victoria and Nanaimo areas to receive the trip of a lifetime to somewhere they have always wanted to go.

Convergent Entertainment director and series producer Nicky Forsman said last season the show's travel experts Claire Newell and Karl Schmid surprised an array of worthy nominees.

"They were all across the board," she said: "young and old, a mix of men and women — both people who had struggled in terms of primarily medical issues or financial issues but also people who had just gone above and beyond for friends and their family or for the public."

One of them was North Shore Rescue team leader Tim Jones, who is something of a local celebrity as the public face of B.C.'s busiest search-and-rescue team.

Jones has dedicated countless volunteer hours of his life to saving people in distress but had never travelled outside of North America. His fellow volunteers nominated him for a vacation to London, England, and surprised him with it through an epic prank at their rescue base.

How to nominate

To apply, send an email to casting@convergententertainment.tv with no more than 250 words explaining a bit about yourself, who you want to nominate and why that person deserves a dream vacation. You should also include a photo or two of yourself and the nominee.

North Shore Rescue's Tim Jones is surprised with a dream vacation on Season 1 of Operation Vacation.
COURTESY CONVERGENT ENTERTAINMENT

Meeting. Municipal leaders expected to talk recycling

Recycling costs and pickup of material at curbsides across British Columbia are expected to be among the hottest topics at a gathering of local government leaders in Vancouver.

Many municipalities have refused to sign a contract with a new agency called Multi-Materials BC, which aims to control collection of recycled paper and packaging by May 2014, as mandated by the provincial government.

The deadline to ink the deal is Monday, the first day of the week-long Union of B.C. Municipalities Convention, at which about 2,000 delegates from 196 communities will meet.

On Friday, Multi-Materials BC said local governments that do not sign on by Monday will not be eligible to participate in the recycling program when it is launched, although they can continue discussions for future involvement.

The agreement offers municipalities three options — run their own curbside collection of packaging and printed paper as contractors for a financial incentive, give that responsibility to the agency or continue their own blue-box program without any compensation. The goal is to shift recycling costs from taxpayers to industry.

Mayor Malcolm Brodie of Richmond said his city won't sign the "draconian" contract, which doesn't offer a partnership approach.

Brodie said that as far as he's aware, only Coquitlam has signed the deal with Multi-Materials BC, while other cities in the Lower Mainland have shunned it. THE CANADIAN PRESS

One man in custody

Man killed, woman injured in Terrace double shooting

A man is dead and a woman in hospital with non-life-threatening injuries after a double shooting east of Terrace, B.C., on Saturday afternoon.

Mounties found the deceased man and injured woman, both with gunshot wounds, when they were called to the scene in Thornhill around 1 p.m.

One man is in custody and the public "is not at risk in relation to this incident," RCMP Const. Lesley Smith said in a statement.

The North District Major Crime Unit and Terrace RCMP are speaking with witnesses and ask anyone with information to call them at 250-638-7400 or Crime Stoppers at 1-800-222-8477.

EMILY JACKSON/METRO

Payments owed

Downtown Eastside landlord turns himself in

An old-fashioned "wanted" poster worked where court dates failed with one notorious Downtown Eastside landlord.

After previously ignoring court dates and refusing to pay debts of $18,163 to his former tenants, landlord George Wolsey turned himself in to B.C. provincial court after the Pivot Legal Society publicized posters with his face on them earlier this month.

Pivot secured 10 warrants for the arrest after Wolsey again failed to appear in court to arrange payments to 10 former residents of the cockroach- and mouse-infested Wonder Rooms single-room occupancy hotel.

Wolsey received an order to appear in Vancouver court on Oct. 21.

EMILY JACKSON/METRO

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No country wants diplomats' son after criminal conviction

"Life is very stressful," says Deepan Budlakoti. "You're stateless in a country that you were born in." He and his supporters are campaigning online to stop his deportation. STEVE COLLINS/FOR METRO IN OTTAWA

Deportation. Man says Canada is the only home he has ever known, will plead on Parliament Hill

STEVE COLLINS
For Metro in Ottawa

Supporters of a Canadian-born man fighting an unusual deportation to India will take his case to Parliament Hill in a press conference Wednesday.

"We're calling on two ministers, the immigration minister and the public-security minister, to jump in and basically stop the deportation and to reinstate my citizenship," said Deepan Budlakoti, who was born in Ottawa to two ex-employees of the Indian High Commission, both of whom are now Canadian citizens.

Budlakoti was ordered deported in 2011 after he was sentenced to three years for weapon and drug trafficking.

The government argued that because he was born to diplomatic staff, his Canadian birth did not confer automatic Canadian citizenship.

The case grew more complicated when India refused to accept him from Canada.

He says he last visited India — on his Canadian passport — at age 12 for a grandparent's funeral.

"I am not an Indian citizen," Budlakoti said.

"I have never lived in India and I have no ties to India whatsoever, other than the fact that my parents came from India."

Budlakoti has had to go to court to get a work permit, which has been issued but still hasn't arrived in the mail.

Meanwhile, he says, the numerous restrictions he's under — including a curfew and travel restrictions — will make it difficult to work in his field of construction.

"I can't leave (home) until 9 in the morning and I have to be back by 9 (p.m.). I can't work construction, because construction's always early in the morning."

Not my home

"I am not an Indian citizen. I have never lived in India and have no ties to India whatsoever, other than the fact that my parents came from India."

Deepan Budlakoti

Growing ire

Canuck visa rules worst in world for Mexicans: Envoy

The Mexican ambassador to Canada says his country is "really mad" at the Harper government for the continued imposition of a visa on its travellers. "Canada has the most stringent visa system for Mexicans of any country," said Francisco Suarez. THE CANADIAN PRESS

University of Calgary

Group sees rape culture at U of C

Chants advocating sexual assault and a contentious campaign slogan are among the proof that rape culture exists at the University of Calgary, assert the founders of a new awareness group.

"It shouldn't take a bunch of frat students literally shouting this for people to take this seriously," said Emily Leedham of the Consent Awareness and Sexual Education Club. JEREMY NOLAIS/METRO IN CALGARY

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Carlos Duron, 3, and his mother, Vilma Maldonado, evacuees from Longmont, Colo., are pictured at Mead High School Sunday. Hundreds of people have been evacuated from nearby communities due to excessive rain and flooding.
CLIFF GRASSMICK/THE DAILY CAMERA/THE ASSOCIATED PRESS

Rescue teams urge flood victims to flee

Colorado. Days of rain have transformed Rocky Mountain communities into disaster areas with crumbled roads

Rescue teams are warning people in some Colorado towns isolated by devastating flooding against remaining there, telling them that they could face weeks without basic supplies, including running water and electricity.

Helicopters and truck convoys of the National Guard carried the admonition Saturday into paralyzed canyon communities where thousands of stranded residents were eager to escape the Rocky Mountain foothills. But not everybody was willing to go. Dozens of people in hard hit Jamestown wanted to stay to watch over their homes.

Authorities made clear that residents who chose not to leave might not get another chance for a while.

Rescuers won't go back for people who insist on staying, Boulder County Sheriff Joe Pelle said.

THE ASSOCIATED PRESS

Climate change

New maps needed for flood insurance, executives say

Insurance executives say homeowners will never have access to comprehensive flood insurance in Canada unless there are new maps of flood-prone areas that take climate change into account.

That's the finding of a study that surveyed senior executives at 13 Canadian insurance firms on extreme flooding, which devastated parts of southern Alberta and Toronto this year.

Affected homeowners are often surprised to learn their policies, while covering sewage backups, do not pay for damage from water entering basement windows from swollen rivers and streams.

THE CANADIAN PRESS

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SmartPoint RESEARCH

YouTube ban in Pakistan challenged

Internet censorship. Move has sparked debate on right to information vs. impulse to block material seen as offensive to Muslims

ToffeeTV has hit an unexpected snag. The Internet startup depended on YouTube to promote Hokey-Pokey, The Umm Nyum Nyum Song and other language-teaching clips it produces for children, but the video-sharing website has been banned in Pakistan for nearly a year.

The measure was imposed to block videos that Muslims took as insulting and blasphemous. But the unintended consequence has been frustration for many companies, educators and students. A petition to end Internet censorship is before a Pakistani court, and a debate has been rekindled over how to reconcile the right to a free flow of information with a widespread public sentiment that Islam needs special protections.

THE ASSOCIATED PRESS

Message

"Surf Safely! ... The site you are trying to access contains content that is prohibited for viewership from within Pakistan."

Pakistanis who try to view YouTube get the above message.

In this picture taken Wednesday, Pakistani university students try to access YouTube in Karachi, Pakistan. For almost a year, Pakistanis wanting to watch the video-sharing website have had to find alternatives. THE ASSOCIATED PRESS

Ongoing tension. Syrian official calls chemical weapons deal a 'victory'

A high-ranking Syrian official called the U.S.-Russian agreement on securing Syria's chemical weapons a "victory" for President Bashar Assad's regime, but the U.S. warned Sunday "the threat of force is real" if Damascus fails to carry out the plan.

The comments by Syrian Minister of National Reconciliation Ali Haidar to a Russian state news agency were the first by a senior Syrian government official on the deal struck a day earlier in Geneva. Under the agreement, Syria will provide an inventory of its chemical arsenal within one week and hand over all of the components of its program by mid-2014.

"We welcome these agreements," Haidar was quoted as saying by the RIA Novosti agency. "On the one hand, they will help Syrians get out of the crisis, and on the other hand, they averted a war against Syria by removing the pretext for those who wanted to unleash one."

He added: "These agreements are a credit to Russian diplomacy and the Russian leadership. This is a victory for Syria, achieved thanks to our Russian friends."

There has been no official statement from the Syrian government, and it was not clear whether Haidar's comments reflected Assad's thinking.

The deal, hashed out in marathon negotiations between U.S. and Russian diplomats, averts American missile strikes against the Assad regime, although the Obama administration has warned that the military option remains on the table if Damascus does not comply. President Barack Obama said last week the U.S. Navy will maintain its increased presence in the eastern Mediterranean Sea to keep pressure on Syria and to be in position to respond if diplomacy fails.

"The threat of force is real, and the Assad regime and all those taking part need to understand that President Obama and the United States are committed to achieve this goal," U.S. Secretary of State John Kerry said Sunday in Jerusalem, where he briefed Israeli leaders on the agreement. THE ASSOCIATED PRESS

Lesson for Iran?

President Barack Obama says his administration's approach to Syria's chemical weapons should show Iran that there's the potential for diplomatic solutions to arms standoffs.

- But Obama says Iran shouldn't assume that his preference for diplomacy means the U.S. won't strike Tehran.

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How Twitter flew from obscurity to IPO feeding frenzy

Social media. Service's public sale of stock will be the most scrutinized since Facebook's Wall Street debut in 2012

Famous figures on Twitter include Queen Elizabeth, U.S. President Barack Obama and Pope Benedict XVI. THE ASSOCIATED PRESS FILE

The Pope. President Obama. Queen Elizabeth. Oprah. You.

When Twitter started seven years ago as an obscure medium for geeks, critics dismissed it as an exercise in narcissism. Some thought it would be as intriguing as watching people gaze at their bellybuttons. But it quickly matured into a worldwide messaging service used by everyone from heads of state to revolutionaries to companies trying to hawk products.

Now, Twitter is taking the next critical step in its evolution — selling stock to the public. It promises to be the most hyped and scrutinized initial public offering since Facebook's Wall Street debut in May 2012. To be successful, the company will need to become an advertising behemoth and prove that the same service that has already helped change the course of history can also make money.

Twitter quietly slipped out news of its plan to go public in a tweet last Thursday afternoon. By the next morning, nearly 14,000 of Twitter's 200 million users had retransmitted the message.

"Twitter epitomizes the revolution of social media ... more than Facebook, more than YouTube," says Fordham University communications professor Paul Levinson, author of New New Media. "It caters to the immediacy, the equality of all users." THE ASSOCIATED PRESS

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A LITTLE DIGNITY GOES A LONG WAY

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

The Abbotsford homeless incident that went down Thursday was "Kafkaesque."

According to the Urban Dictionary, "Kafkaesque" describes "a nightmarish situation which most people can somehow relate to, although strongly surreal. With an ethereal, 'evil,' omnipotent power floating just beyond the senses."

Which describes in a nutshell the ridiculous spectacle in which the City of Abbotsford evicted a bunch of homeless people from one spot, so the people in question relocated to another site 30 metres away.

The same spot where in June the city laid down chicken manure to force the same people to move ... to the same site they've just been evicted from.

OK, so maybe the City of Abbotsford is not ethereal, evil or omnipotent, but it's sure acting like it by pointlessly marching its homeless problem up and down the street.

Not sure what happens next, but if the city can't find a way to provide social housing for a number of people you can count on two hands, it certainly isn't omnipotent. In fact, you could argue that Abbotsford is up to its ears in chickens--t.

Of course, the same problem plagues virtually every one of the various municipalities that make up Metro Vancouver. Fortunately it's only in Abbotsford where they try to solve the problem by spreading manure over it.

I realize the people responsible for that demeaning, despicable act have owned up and apologized, but they still don't get it. Instead of whining and complaining that someone else (e.g. the province) should take the problem out of its hands, Abbotsford has chosen the chicken dance.

If they're looking for a temporary solution, one relatively sane alternative has already been suggested: Portland, that metropolis to the south that is the opposite of Kafkaesque, has created a safe place called Dignity Village, where 60 homeless people live for a total of $3,000 a month , according to the village website. It's run by a society, all the little residences are built to code, and it's hooked up to city water and sewer services. Franz Kafka himself would have been comfortable there.

Abbotsford is not the only place that could use a Dignity Village, never mind a little dignity. Vancouver Mayor Gregor Robertson famously pledged to eliminate homelessness by 2015, but the longer he stays in office, the more he understands homelessness is a complex problem that is difficult to solve.

It starts with social housing, but it is clear that an interim step such as Dignity Village is worth considering.

Anything is better than a scenario that even Kafka, after a bad meal, would have trouble imagining.

Meanwhile, winter is coming, and real people need a roof over their heads. Nothing imaginary about that.

ZOOM

Motor-yikes!

COURTESY GUINNESS WORLD RECORDS

Mega-motorbike tops world record

This gigantic ride got its driver on the high road to record-breaking fame. Fabio Reggiani, 31, has created the world's tallest motorcycle — a bike that's six times larger than a standard model. The product designer from Reggio Emilia, Italy, features in this year's edition of the Guinness World Records book. METRO

In numbers

5.10
metres is the height of the motorcycle — higher than a double-decker bus

10.03
metres is the bike's length — longer than a stretch limousine

5,000
kilograms is its weight — the average weight of an African elephant

Q and A

'I control the bike using a joystick'

What was the process behind making this monster motorbike?
A team of eight of us spent seven months building the vehicle. Most of the parts are actually from large cars: the engine was a 5.7L V8 engine, running at 280 horsepower. It can drive at a top speed of 60 km/h.

How do you reach the sky-scraping handlebars?
I don't (laughs). I control the bike using a joystick that's placed in front of the seat. It's quite easy, in fact — I only need to turn the front wheel.

What's been the reaction from the public?
My favourite one has been, "O mamma mia come è grande!" ("Oh my mother, how big it is!")

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With the days of summer in the rear-view mirror, it can be hard to escape the fall doldrums. But come on: for most of us, life ain't really so bad. If you sometimes need a little reminder on how to put on that happy face, there's a whole new wave of self-help happiness apps.

Happier:
Let's be honest: No one wants to be the guy walking around telling everyone how great their life is. So now you don't have to. Happier lets you share your happy thoughts with a community of like-minded happiness-seekers.

Track Your Happiness:
Kind of like fitness tracker meets research project. This site lets you track who you were with and what you were doing when reaching your peak happy levels. Goodbye Debbie-downer friends.

Hapyr:
All it takes, according to the website, is two minutes a day to be a happier you. Hapyr sends a daily reminder for people to sit down and write for just 120 seconds about all the lovely things in their lives.

Twitter

@metropicks asked: When Twitter launched, many doubted its success. Now it's going public. Why do you use Twitter?

@SpenceShaun: Twitter- There isn't a better source for up to the minute news and information. Lightning fast reporting.

@CSRjames: My intern said our project was, I quote "#totesamaze". I laughed. Felt old. Got Twitter. Now I'm #totescool ;)

@Carefulspider: It connects you to local news and what's happening in your community. Just one of the reasons I use twitter.

@SteveWLayton: It allows you to share a thought in a noisy social world and get thoughtful responses from the global community.

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Review

Who: Vampire Weekend

Where: iTunes Festival

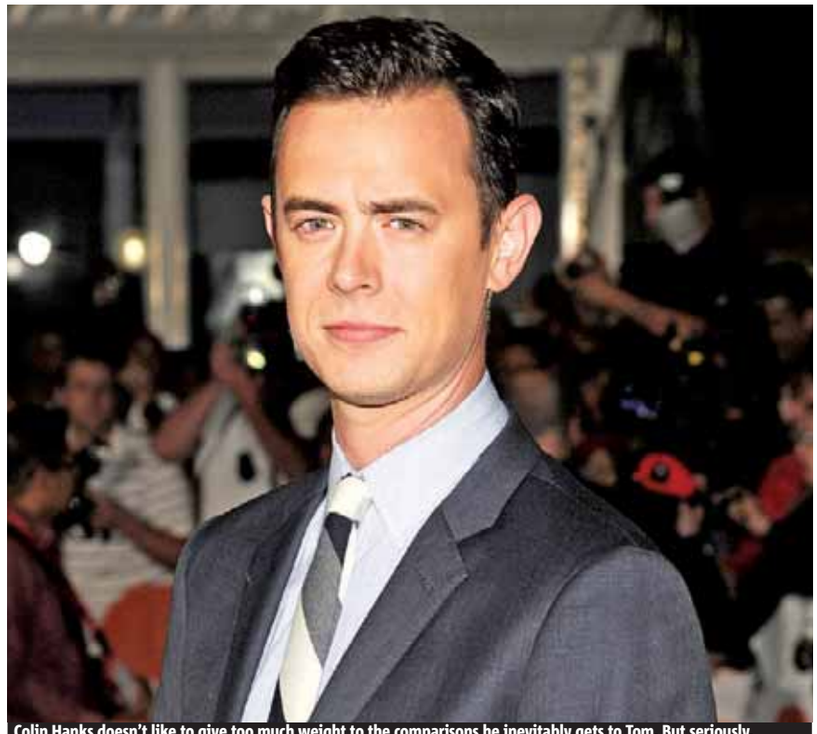
When: Sunday, Sept. 15

During Vampire Weekend's performance Sunday, you'd be hard-pressed to recognize the nervous Ivy Leaguers who took over indie rock a few years ago. Ezra Koenig and co. came across like bona fide pop stars. On opener, Diane Young, the group cranked out the tune's big hooks with aplomb. Meanwhile, tracks from their first two records, such as Oxford Comma and Horchata, received some of the strongest reactions. The band drew in equal parts from all three of their albums, and their distinct voice and polished image served to dispel criticisms that their music was too derivative of Afropop rhythms. Sure, the penchant for intellectual lyrics is still intact, but they're being themselves. They seem more comfortable in their own skin and found the balance between elitism and good old-fashioned fun. Just before their third and final encore, Koenig said goodbye to the audience and wished everyone a good school week.
JACOB MORGAN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Keeping it in the family

Celebrity spawn. Famous relatives are a double-edged sword in the movie business



Colin Hanks doesn't like to give too much weight to the comparisons he inevitably gets to Tom. But seriously, doesn't he totally look like his dad? THE CANADIAN PRESS

What's in a (family) name?

Quite a bit, apparently, when it comes to the next generation of actors and directors trying to make their way in the film world.

This year's cinematic offerings at the Toronto International Film Festival featured a slew of young movie makers and up-and-coming stars with famous last names who are trying to step beyond the shadow of their well-known relatives.

But while having a recognizable surname can certainly have its perks, it seems a memorable moniker also brings certain pressures.

Colin Hanks, the witty son of the famed Tom Hanks, knows all too well what it's like to be compared to his popular father.

"Definitely, there is more attention than most," said the actor, who was in Toronto promoting his upcoming JFK drama Parkland.

"This sort of idea of, 'Oh well, he's not as good as his dad' — that always makes me laugh because I was getting that when I was 23, and I'm like 'OK ... he had time to get to where he is.'"

The younger Hanks noted that while his last name creates a point of interest, he's stopped stressing over unfair comparisons to his dad.

"There's not really a whole lot I can do about it so I don't really think about it too much," he said with a shrug. "(Acting) is a profession that I've chosen because I love it and I don't want to do anything else."

Sarah Sutherland is already learning to think along the same lines.

The 25-year-old said being the daughter of Canadian actor Kiefer Sutherland and the granddaughter of esteemed actor Donald Sutherland does come with "certain assumptions"

But the budding actress, who was promoting her new movie Beneath the Harvest Sky at TIFF, hopes she can come to be known for her own work, and not just her name.

"My father and my grandfather have an incredible body of work and both have an incredible work ethic, so I'm just proud to be associated with them and to be making my own mark in this industry," she said.

"We always keep business and personal things very separate and they've always been very respectful of me figuring things out on my own."

There's no doubt that the progeny of big-name celebrities get held up to higher standards. But there are some among the next generation of stars who are driven by that added scrutiny.

Take Gia Coppola, for instance. The granddaughter of Hollywood heavyweight Francis Ford Coppola (the man behind The Godfather) and niece of Sofia Coppola is well-aware of the critical analysis her own directorial debut is being subjected to.

"It does add a lot of pressure, but it just makes me want to work harder and prove that I can stand on my own," said the soft-spoken 26-year-old, who has adapted a book by James Franco for the big screen with her film Palo Alto.

"I hope that people see the film because they're interested in the story and not so much to see what the spawn of the (Coppola) family ... can do." THE CANADIAN PRESS

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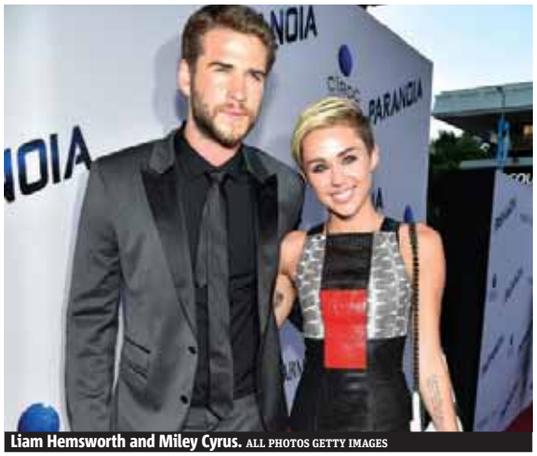

Liam Hemsworth and Miley Cyrus. ALL PHOTOS GETTY IMAGES

Who's going to swing the final wrecking ball through this relationship?

This can't be a good sign. In the wake of renewed rumours about Liam Hemsworth and January Jones getting cosy, Hemsworth's fiancée, Miley Cyrus, has unfollowed him on Twitter, adding to speculation that the couple of four years may be in trouble. Cyrus has been travelling around Europe promoting her latest album, while Hemsworth was most recently in Las Vegas this weekend for the Mayweather-Canelo boxing match. Hemsworth and Cyrus haven't been spotted together in public since the premiere of his latest film, Paranoia, last month in Los Angeles.

Cher's not showing Russia any love

Cher is not down with Russia's current treatment of LGBT citizens, so she won't be helping out with the 2014 Winter Olympics in Sochi. "I can't name names but my friend called who is a big oligarch over there, and asked me if I'd like to be an ambassador for the Olympics and open the show. I immediately said no," she tells Maclean's magazine. "I want to know why all of this gay hate just exploded over there. He said the Russian people don't feel the way the government does."

Cher

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

The new adventures of Pippi Longstocking — rated X

STARGAZING
Malene Arpe
scene@metronews.ca

The pilot of a private plane tells TMZ that when Justin Bieber and his posse recently exited an SUV to board, pot smoke billowed out and Justin was "baked out of his mind" on the flight. Calm down. Justin's just researching for his next song, If I Was Your Boy Idol Who Threw It All Away.

Tami Erin, who played Pippi Longstocking in some 1980s movie, says she's releasing her sex tape before her ex does. Here's hoping said ex isn't the horse or the monkey.

Prince Andrew is confronted by security personnel at Buckingham Palace. Being him is like being the Jonas Brother named ... erm ... his name is ... the one who sings on Broadway.

Brad Pitt says there may be a World War Z sequel in the works. It may take a while because they have to figure out the CGI necessary to make the zombies run even faster.

Gwyneth Paltrow is filmed cutting in front of a school bus while riding her Vespa with one of her kids on the back. In her defence, she was late for a diamond-infused, elf-administered, $5,000 colonic.

Yeezus, Kanye

Kanye West has been formally charged with misdemeanor battery and attempted grand theft stemming from his brawl with a photographer outside the LAX airport in July, according to TMZ. An arraignment has been scheduled for Oct. 10. "We are very gratified to learn today that the L.A. City Attorney has chosen to criminally charge Kanye West," the photog's lawyer said.

Twitter

@justinbieber
Gotta run.

@DonCheadle
Tweeps, if I'm out where there's 11K people and EVERYBODY wants "just one picture" and I politely decline, please don't take it personally.

@Fred_Willard
Wondering today why coffee and tea cups are only half full in tv,film...Bigger question, why do I wonder?

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Feeling good

Getting high on self-esteem

According to Nick Whitehead, the CEO of Oxford Learning, some students with high self-esteem have only mediocre marks.

That's because they have learned important lessons: Trying is as important as success, and overcoming failure and learning from mistakes are essential to development.

Whitehead points out that parents can tell if children have healthy self-esteem by observing their actions and asking some vital questions.

• Does all learning have to be highly structured or does she or he accept change?

• Can your child willingly accept difficulty, or deal with failure?

• When confronted by failure, does she or he blame somebody else? Or does your child take responsibility for his or her own learning experience?

• Is your child content just to get by with average achievement or does she or he try to excel? NEWS CANADA

There are ways to ensure your child's self-esteem is high. ISTOCK

Exclusively online

Read Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, Reasons Mommy Drinks, in North American bookstores now.

Take a bite out of school lunches

Tips. A recent survey shows that 62 per cent of parents don't enjoy making school lunches for their kids

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Being a parent is hard work. And if I were to believe what I see on Twitter, Facebook and in blogs, article and television segments, the making of school lunches is near the top of the list.

(As an aside, is it just me, or am I right in thinking that if making a school lunch is even in the top 100 complaints about your life then your life is pretty good?)

A survey I recently ran with Cityline viewers revealed that 62 per cent of respondents said they do not enjoy making their kids' lunches, but they do it anyway, even though the kids are old enough to do it themselves.

In the corporate world, this would be known as bad project management. True, there are some parents who like being responsible for putting together the lunches for their kids, which allows them to control what foods and how much goes in. Of course, it can't control the fact that little Jimmy may still trade away his apple for a brownie, or pitch the broccoli in a bin on the way out of the lunchroom, but it can help limit their bad food choice options.

Getting your children involved in making their own school lunches is an opportunity to teach them about making healthy food choices. ISTOCK

What it doesn't do, though, is teach them to make their own healthy food choices at home, and to take on a responsibility that they can easily handle from about age eight and up.

Kids even younger should be involved in some part of the lunch construction.

While there is a growing trend to hide nutritious food from kids (zucchini in muffins), or make it "fun" for them to eat (sandwiches cut like flowers), this is really just training mom and dad on some new mostly non-transferable culinary skills, and not providing a food education for your children. Teach them to make a regular, square sandwich instead.

So how can you get the kids to take it on?

1. Sit down and write out a list of lunch options: sandwiches, re-heatable foods and salads, as their main entree.

2. List acceptable snacks they can choose from, out of the cupboard, fridge, or fruit bowl. Then let them construct.

3. Start by having them "own" the responsibility of lunch. If they want you to make it, they have to ask. Nicely. And you can say no. (You're the boss, remember?).

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Popular colours this fall are bright and loud, including these looks from Old Navy. CONTRIBUTED PHOTOS

Fall colour report: Bright

JANE DOUCET
For Metro

To many Canadians, cooler fall weather means wearing layers and dark colours. But those with an interest in fashion trends can step away from the tried and true by introducing a few key elements into their wardrobe.

"Runway trends are universal," said Alisha Schick, who teaches fashion design and illustration in the fashion program at MC College in Edmonton. "This fall, colour is a great way to refresh or update a jacket, suit or pair of jeans."

Popular colours are bright and loud. For men and women, forest green and burnt orange is showing up in denim and corduroy pants.

"There's also a huge '90s influence in animal prints, which we're seeing in women's crewneck sweaters, blouses and accents like shoes, pockets and gloves," Schick said.

While much of fashion is directed at women, designers haven't forgotten about men. They will be seeing more jungle, camouflage and Hawaiian prints, varsity jackets with leather sleeves and military-style coats.

"Streetwear" is also big for guys, cropping up in hoodies, motorcycle vests, T-shirts with logos and sneakers.

At the other extreme, statement scarves will appeal to men interested in a more mature look; they are made from more lightweight fabrics than standard winter scarves and could be worn with moss-green or khaki pants.

Trend

"This fall, colour is a great way to refresh or update a jacket, suit or pair of jeans."

Alisha Schick, who teaches fashion design and illustration in the fashion program at MC College in Edmonton

One interesting trend for women is a pyjama look — but not for pyjamas. Instead, it comprises a dressier matching top and pant, perhaps in plaid or metallics, and made of rayon or polyester.

"It's a new twist on the modern-day suit," Schick said.

When there is a chill in the air, the coats come out of the closets. For guys and girls, motorcycle jackets and military-style anoraks with drawstring waistlines made an appearance on the fall runways.

"Fashion is getting less sloppy in general," Schick said. "Lines have become more tailored, showing off curves and silhouettes."

If you are overwhelmed by the myriad trends from which to choose and have a limited budget, Schick has the following advice.

"Stick to things you're comfortable with and shapes that you know look good on you. Find pieces that work with your body type, then incorporate a style or trend you like."

Runway inspiration

Fashion designers have to be ahead of the curve, which may include studying Donna Karan spring's 2014 collection, above. CRAIG RUTTLE/THE ASSOCIATED PRESS

Trend forecasting means producing clothes in advance

As an instructor and a co-ordinator of the two-year fashion design technician program at St. Clair College in Windsor, Ont., Elaine Chatwood teaches a second-semester product development course that examines fashion trend forecasting.

"I'll teach my students how to produce a clothing line by looking at global trends," Chatwood said. "They'll come up with a concept, research fabrics, make a sample, cost out that sample and work out alterations."

Thanks to trend forecasting, the students will be able to look at fabrics a year ahead of when they plan to launch their fashion lines and aim to produce clothing samples 10 months in advance. Chatwood will then show them how to put together a "look book," containing photos of their designs for prospective buyers.

When she is wearing her other hat — as the proprietor of Chatty Collection, a women's boutique clothing store featuring her own and other designer fashions in Windsor — Chatwood buys the fall lines at least six months in advance after the trend reports have been released, usually from February to mid-March.

"I research all of the colour forecasting and fabric for my own designs," Chatwood said. "They're definitely an influence. I also look at silhouettes. Then I do my own thing."

Chatwood designs classic, tailored pieces that include dresses and knits. For fall, she has incorporated such global colour trends as different shades of greens, brick and deep-berry pink.

"My customers are fashion conscious, and many of them know what the international trends are," Chatwood said. "If they don't know, I'll tell them. If they don't want to buy something new, I can update an older piece based on a current trend."

So just how important are seasonal runway trend reports to a retail fashion buyer?

"If I'm three weeks or a month late bringing in a line, I'll lose sales," Chatwood said. "I've got to keep track of everything."

As a designer, trends are important, but not the ultimate deciding factor to coming up with a collection.

"You don't have to follow the trends to the letter," Chatwood said. "But you can take inspiration from them."

JANE DOUCET

Personal style

"You don't have to follow the trends to the letter. But you can take inspiration from them."

Elaine Chatwood, co-ordinator of the two-year fashion design technician program at St. Clair College in Windsor, Ont.

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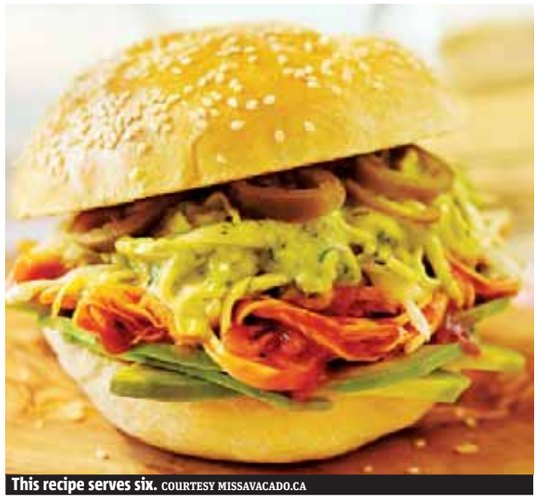
Mexican Independence Day isn't complete without Cemita



This recipe serves six. COURTESY MISSAVACADO.CA

Ingredients

- 2 cups (500 ml) finely shredded cabbage
- 2 tbsp (30 ml) lime juice
- 1 1/2 tsp (7 ml) sugar
- 1/4 tsp (1 ml) each salt and freshly ground pepper
- 1 small onion, thinly sliced
- 3/4 cup (175 ml) chicken broth
- 1/2 cup (125 ml) favourite smoky BBQ sauce
- 3 cups (750 ml) cooked rotisserie chicken, shredded

Avocado Cheese Spread

- 2 fully ripened avocados from Mexico, halved, pitted, peeled
- 1/4 cup (60 ml) light mayo
- 1 tsp (5 ml) lime juice
- 1/4 tsp (1 ml) each salt, pepper
- 1 cup (250 ml) shredded fresh Oaxaca cheese
- 1/4 cup (60 ml) chopped cilantro
- 1/2 cup (125 ml) sliced pickled jalapeno peppers
- 6 large burger buns, split and toasted

This Mexican sandwich offers delicious layers of zesty chicken, a creamy cheese spread, crunchy cabbage slaw and sliced avocados from Mexico.

Sharing, optional. Napkins, mandatory.

1. In bowl, combine cabbage, lime juice, sugar, salt and pepper. Set aside.

2. In saucepan, bring onion, broth and BBQ sauce to boil over high heat; reduce heat to medium and gently boil until onion is softened and liquid is reduced to about 1/2 cup (125 ml), about 5 minutes. Add chicken; heat through. Cover and set aside.

3. Avocado Cheese Spread: In bowl, mash one of the avocados. Stir in mayonnaise, lime juice, salt and pepper; fold in cheese and cilantro. Thinly slice remaining avocado.

4. To build sandwiches, place avocado slices on base of toasted buns. Spoon some of the chicken mixture overtop; top with cabbage slaw, then Avocado Cheese Spread, and finally a few pickled jalapenos. Top with bun lids, skewering with picks, if needed. MISSAVACADO.CA

App. Tequila Guacamole

A twist to classic guacamole includes a delectable tequila marinade that yields a palate-pleasing treat for guests.

1. Mix the chile jalapeno, carrots, onion, lime juice, oregano, vinegar and tequila; marinate for two minutes.

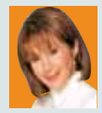
2. Coarsely mash avocado with a fork. Add the rest of the ingredients and season with olive oil and salt. MISSAVACADO.CA

Ingredients

- 2 oz (60 ml) each pickled chile jalapeno and carrots, finely chopped
- 2 oz (60 ml) white onion, finely chopped
- Juice of half lime
- Oregano, to taste
- 2 oz (60 ml) vinegar (from the pickled chile jalapenos)
- 2 oz (60 ml) tequila
- 4 fully ripened avocados from Mexico, halved, pitted and peeled
- 1 tbsp (15 m) olive oil
- salt

Healthy eating

Choose it and lose it



ROSE REISMAN
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Get in those last cold treats before fall arrives, but be careful if you're watching calories, fat and sugar.

Medium Dairy Queen S'mores Blizzard

870 cal / 38 g fat / 92 g sugar

Better stick to the camp fire s'mores for calories and fat. The soft serve with s'more ingredients is not worth the calories, fat and sugar.

Equivalent

One medium Dairy Queen S'mores Blizzard is equal in fat to eight s'mores.

Medium Dairy Queen Chocolate Sundae

410 calories / 9 g fat / 64 g sugar

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Memorizing a 400-digit number? 'Anyone can do it with practice'

All hail the human computer. Some folks are making it their mission to be masters of memory, but is the skill still valid in the age of all things digital?

KIERON MONKS
Metro World News in London

In 1978, sharks turn vegetarian. In 2041, a mouse swims across the ocean. This was unlike any test I had experienced — in five minutes I had to memorize 150 pairs of abstract events and dates, competing against the world's best memories.

Around the room competitors had their eyes shut in fierce concentration, their ears covered with headphones; some tapped their feet or rocked back and forth. I was out of my depth and relieved to score 10. "Not terrible," according to a supervisor.

The UK Open Memory Championship, held at the Science Museum in London, England, attracts many of the leading mnemonists. They compete in 10 disciplines that include memorizing decks of cards in under a minute and reciting 400-digit binary numbers.

"This is about creativity — you take the numbers and turn them into pictures and make stories out of them," says three-time world champion Ben Pidmore, who describes himself as an "accountant with the soul of a hippie."

Changing the impression of a closed shop for science geeks is key to the sport's growth, and although there were no female participants this year, new ground is being broken all the time.

Since the first World Championships in 1991, seven founding members have grown into global rankings for a top 1,000 and a thriving tour of prestige events from Bahrain to China.

A contestant waits his turn in the final round of the speed cards trial at the UK Open Memory Championship. KIERON MONKS / MWN

Standards have been driven up along the way.

"In athletics we measure success and failure by 100ths of seconds, but in mental athletics every year we are discovering the brain capacity is much bigger than we thought possible," says Chris Day, general secretary of the World Memory Sports Council.

In the 1980s it was widely believed that no-one could recall more than 30 numbers, but the 2012 World Champion Wang Feng, from China, has memorized 2,660. To compete at the top, training requirements have gone from one hour per day for a week, to 10-hour days for six months, and many competitors use audio-visual stimulation machines to keep them sharp.

Some have questioned the need for memory training in a digital age, but author and former champion Dominic O'Brien believes it is essential.

"If you don't exercise your memory, your attention span and mental agility suffers. Google is fast food and we need to work it off."

O'Brien has secured government funding for a scheme that teaches memory techniques in schools.

"You have the kids learn a story and then they realize they have learned the first 20 elements of the periodic table."

Memory technique

Remembering a speech:

- Break it down into sections
- Attach a word to each section. Example: door, dog, handkerchief.
- Construct a story using the words and give them context. Example: 'I walk through the squeaking door, and see my dog sitting on the mat. On his nose is a handkerchief.'
- Go over the story until you can remember it forward and backward.

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MLS

Three points elude Whitecaps in DeMerit's return

He wasn't expected to play Saturday, but Jay DeMerit made his return to the pitch for the Vancouver Whitecaps in a crucial Western Conference match against the San Jose Earthquakes.

DeMerit had been sidelined since March 2 when he ruptured his Achilles tendon, and head coach Martin Rennie last week flatly dismissed any possible return by the veteran centre back, saying he simply wasn't ready.

That plan was thrown away when centre back Brad Rusin, playing for the first time since suffering an ankle sprain last month, succumbed to the pain and took himself out of the game in the first half.

DeMerit was suddenly off the bench and into the fire.

He blocked shots, played fearless defence and even had a look at scoring in the attacking third off a set piece.

"You never really know what to expect in your first game back," DeMerit told reporters after the match.

But even his courageous showing wasn't enough to give the Whitecaps a desperately needed victory and three points. Instead, they tied the Earthquakes 0-0, earning just the single point.

They remain seventh in the West, five points back from the Portland Timbers for the fifth and final playoff spot. CAM TUCKER/METRO

Lions defence gets it done at home vs. Als

CFL. B.C. fans celebrate win but brace for bad news after QB Lulay leaves game in the 4th

CAM TUCKER
cam.tucker@metronews.ca

As far as turning points in a football game go, Adam Bighill's third-quarter interception Sunday is as big as they come.

The B.C. Lions linebacker picked off a Josh Neiswander pass near midfield and ran the ball back all the way to the Montreal Alouettes' one-yard line. Running back Andrew Harris ran the ball in for the touchdown on the very next play.

The Lions peeled away from that point to a 36-14 victory, improving their record to 7-4.

"It seemed to help out a lot as momentum," said Bighill.

The exclamation point on the victory was a Dante Marsh interception in the fourth quarter that he nearly ran into the end zone.

Two plays later, Lulay would not be denied on a 14-yard touchdown run. The quarterback put his shoulder down, pressing for the score.

The bad news, however, was that Lulay appeared to injure his right shoulder on the play.

Travis Lulay rushes past the Alouettes' Brandon Whitaker for a touchdown during the second half in Vancouver, Sunday. Lulay left the game after the play with an apparent shoulder injury. DARRYL DYCK/THE CANADIAN PRESS

On Sunday

Lions	Alouettes
36	14

He left the game, giving way to back-up Thomas DeMarco.

"It felt funny. It felt a little tweak and so that's why we decided to sit it down," said Lulay, who was unable to tell if there had been a dislocation or separation in his shoulder.

Lulay then demonstrated for reporters that he still hand range of motion in his arm.

But Lulay has no desire to take back the aggressive play.

"Can't have any regrets, right? I thought that was a critical point," he said.

"We felt like we had a touchdown on the defence and we stepped out of bounds. First down, I lost my footing. I wanted to throw the football, lost yardage. So we owed it to the team to score there. I had to find a way to get in the zone."

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4 SPORTS

Canadians banged up after falling to Serbs in semifinal

Davis Cup. Pospisil, Raonic walk away from international tourney with ankle injuries

Canada limped out of the 2013 Davis Cup semifinal with three losses to Serbia, and two bruised bodies.

The Canadian team's Davis Cup run came to an end Sunday as Janko Tipsarevic beat Vasek Pospisil 7-6 (3), 6-2, 7-6 (6), giving Serbia the 3-2 win in the best-of-five tie.

Pospisil, who hails from Vernon, was injured when he dove to hit a volley that was returned for the final point.

"I went for a volley and rolled my ankle and hear some pops, which obviously isn't good, but that was it," said Pospisil, who was helped into the post-match press conference by Canadian staff members. "My ankle's swollen right now. Hopefully it's nothing too serious.

"The fact that I was able to walk out of there was probably a good thing."

Tipsarevic took a commanding 5-1 lead in the decisive tie-break but had trouble closing out the game until match point when he desperately dove for Pospisil's shot.

The euphoria for the hosts started when the ball just barely made it over the net and past a helpless Pospisil. Had he won the point and the match continued, Pospisil insists he would have played through the pain as best as possible.

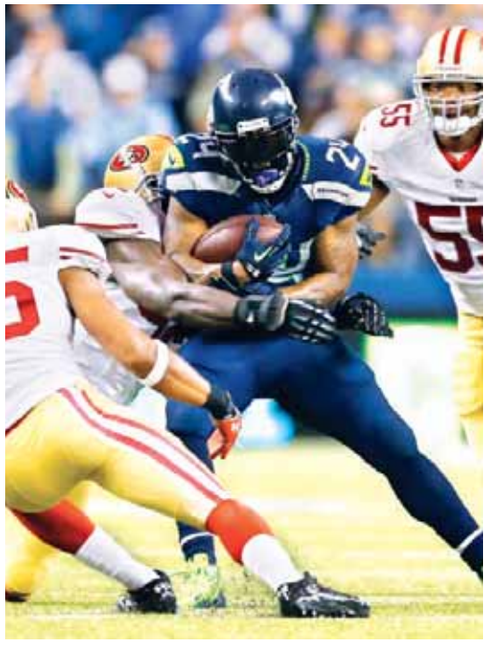
Canada's run to the semi-finals featured upset wins over Spain and Italy. And with the 23-year-old Pospisil, 22-year old Milos Raonic, and doubles maestro Daniel Nestor, who insists he still has a few years left despite being 41 years old, there is the core of a strong team for years to come.

"Hopefully they'll have to deal with us a lot in the future," Pospisil said. "We're a pretty young team, so that's obviously good for us." THE CANADIAN PRESS

Tennis nation

Serbia is back in the final for the first time since winning the tournament in 2010.

- Novak Djokovic forced the decider when he took down No. 11 Milos Raonic 7-6 (1), 6-2, 6-2 in the first match of the day.



Seahawks strike down 49ers

Seahawks running back Marshawn Lynch takes on 49ers defenders on Sunday in Seattle. An hour-long lightning delay early in the game appeared to spark the Seahawks offence in a 29-3 win. Lynch scored three touchdowns — two rushing and one receiving — as Seattle improved to 2-0. OTTO GREULE JR/GETTY IMAGES

NHL

Ryan tallies winner for Sens

Bobby Ryan scored the winner on Sunday as the Ottawa Senators downed the Winnipeg Jets 3-1 in NHL pre-season action.

Ryan, acquired in an off-season trade with the Anaheim Ducks, scored 26 seconds into the second period to give Ottawa a 2-0 lead.

Milan Michalek and Buddy Robinson scored Ottawa's other goals.

Matt Halischuk had Winnipeg's lone goal. THE CANADIAN PRESS

NHL

Leafs edge Flyers to open pre-season

Nazem Kadri and Mason Raymond both had a goal and an assist for the Toronto Maple Leafs, who opened their pre-season schedule with a 4-3 win over the Philadelphia Flyers on Sunday night. THE CANADIAN PRESS

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- Proven track record in profitable selling

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All submissions will be treated as confidential.

metro

Horoscopes

♈ Aries
March 21 - April 20
When the Sun moves into the relationship area of your chart next weekend, you will have to compromise more. If there is anything selfish you want to do, you should do it now.

♉ Taurus
April 21 - May 21
If you have been having second thoughts about a project, you should keep them to yourself. Something will happen this week to make you realize things aren't as bad as you fear.

♊ Gemini
May 22 - June 21
At last there is light at the end of the tunnel and you will emerge into that light no later than the 22nd when the Sun moves into your fellow Air sign of Libra. In the meantime, don't take life so seriously.

♋ Cancer
June 22 - July 23
Have fun with friends this week because later you won't have time for socializing as you will be dealing with serious issues at home and at work. Laugh hard now and work hard later.

♌ Leo
July 24 - Aug. 23
Keep a firm grip on the purse strings over the next few days because if you start spending more than you can afford, you will regret it towards the end of the month. Save for something that is really worth having.

♍ Virgo
Aug. 24 - Sept. 23
The world won't come to a halt today but you will notice that certain parts of it start to slow down. It could, of course, be an optical illusion: Maybe it's just you speeding up and moving faster than everyone else.

♎ Libra
Sept. 24 - Oct. 23
When the Sun enters your birth sign on the 22nd, there will be no holding you back. But between now and then, you will have to conform to what others expect of you.

♏ Scorpio
Oct. 24 - Nov. 22
Take life as it comes and don't worry too much about its wider meaning. There will be no end of opportunities to ask the big questions towards the end of the month. For now, live in and enjoy the moment.

♐ Sagittarius
Nov. 23 - Dec. 21
Some thoughts in your head don't seem to belong to you. So where do they come from? Most likely you have allowed yourself to be influenced too much by your environment. Think for yourself.

♑ Capricorn
Dec. 22 - Jan. 20
You may be annoyed that your talents have been overlooked but the good news is you will soon break through to the big time. Be patient and be ready to act quickly.

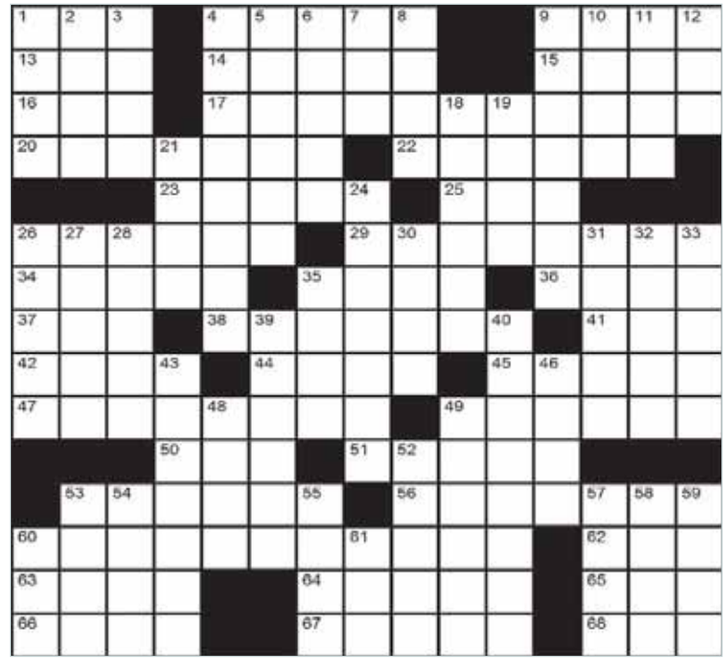
♒ Aquarius
Jan. 21 - Feb. 19
You can hardly put a foot wrong at the moment and your luck should get even better towards the end of the week. But don't take anything for granted or the planets may decide to knock you back a bit.

♓ Pisces
Feb. 20 - March 20
If you want to improve your life, you can't change things overnight. Set just one target to reach every day, and don't move to the next until you have mastered it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

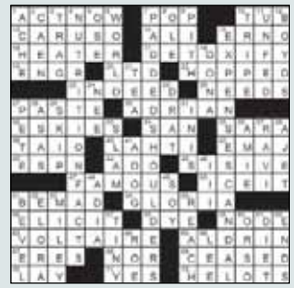
BY KELLY ANN BUCHANAN



Across
1. Compress, as a computer file
4. Fancy-hatted English racecourse
9. Kind of spirit
13. Filmmaker Ms. Lupino
14. Cursed
15. Old Scandinavian symbol
16. Modern
17. "Dancing with the Stars" host: 2 wds.
20. Alberta town
22. Fall, for one
23. __ it goes (There you have it): 2 wds.
25. Sixes, Roman-style
26. Situation of unstableness or of urgency
29. Eagles hit: "__ __"
34. Is a tenant
35. Praiseful poems
36. __ Fein
37. Do like Al Pacino
38. Canadian tenor Ben
41. Certain consciousness
42. Some are faux
44. God: Spanish
45. Legendary acting teacher, Stella ___ (b.1901 - d.1992)
47. Hockey great from Saskatchewan, Bryan __
49. __ Path (Toronto neighbourhood dubbed 'Millionaires Row')
50. Paul's music duo partner
51. Worker laying down the ceramics
53. Some brands of electronics
56. Most dungeon-like
60. RCMP in French is GRC which is... __ royale du Canada
62. Alias indicator
63. Ballerina's skirt
64. Tiger Woods' ex-wife, and namesakes
65. Bolt
66. "__ Slidin' Away" by Paul Simon
67. Lets up
68. Wilt

Down
1. Multivitamin mineral
2. Notion
3. Chess piece
4. Dazzle
5. Pirate fight weapons
6. Arrives
7. Earth, for one
8. Jeans tops
9. Locks
10. Certain currency
11. Unknown advice seeker's sign off, for short
12. Sign on a restaurant restroom
18. Change
19. Laundry detergent brand
21. Ship spar
24. __ __ of Montreal (Historic area on the St. Lawrence River)
26. Basketry, for example
27. Happen again
28. Book's brief beginning
30. Hankerings
31. Move over
32. Georgia who played Georgette on "The Mary Tyler Moore Show"
33. Sleep silently opposite
35. "The Andy Griffith Show" role
39. Newspaper VIP
40. Infrequency
43. Pursuit for Caroline Rhea
46. Mr. Bogarde of film
48. __ _ bit harder (Put more effort in)
49. "Glee" character played by Darren Criss
52. Actor Mr. Elba
53. Alone: French
54. Against
55. Captain Hook's sidekick
57. Corn units
58. Gull-like bird
59. Powdered fruit-flavoured drink
60. Lettered sports cars
61. Old music high note

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3	2			4	1	
7						8		6
	9			8				5
	6				2	3		
			6		9			
		1	5				9	
6				7			8	
1		2						4
	4	9			6	5		

Friday's Sudoku

6	1	4	7	9	3	2	8	5
3	7	8	2	1	5	9	4	6
9	5	2	6	8	4	7	3	1
4	2	1	8	3	7	6	5	9
7	9	3	1	5	6	8	2	4
5	8	6	4	2	9	1	7	3
1	6	7	3	4	8	5	9	2
2	4	5	9	7	1	3	6	8
8	3	9	5	6	2	4	1	7

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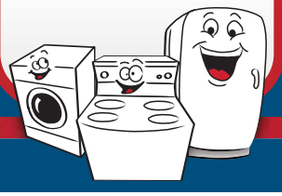

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